



**Let your light shine in the world as Jesus did, with compassion, thankfulness and hope.**

Dear Parents and Carers

Welcome to our weekly Newsletter. Who would have thought that we were already at the end of our second week of the Spring term?

Things have been very busy indeed, and you have all been doing a fantastic job at logging in to registration and your live lessons. Remember to keep uploading your learning so that teachers can see the superb work you are doing and give you constructive comments on how you can continue to do your very best! Parents, we cannot thank you enough for how enthusiastically you have embarked on our new way of learning since the start of term. We are now running a comprehensive and supportive learning system that we can rely on heading towards half term.

For teachers this week things have been a little different as they embarked on their teaching from home. I think it is fair to say that they all deserve a great big thank you and well done for their transition into a different way of teaching. At school, we have had Mrs Lorenzo and Ms Dore supporting the critical worker and vulnerable children in school. They too have taken on their new-fangled role with positivity and the children at school have thoroughly enjoyed their learning.

In order to keep us as safe as possible, we are asking our teachers and staff to teach and support from home where at all possible. Next week, Miss Low is joining us at school, which is very exciting, and she will also be using this time to make calls to families in her class to check-in and see how they are doing.

On Wednesday, I logged into each class to say a quick hello to the children and teachers. It was so good to see their happy faces, all keen to get on with their learning and their remarkable resilience and adaptability! It was heartening to see that the children were all engaging well and optimistic.

Here are a few things that the children and parents had to say about their experiences of learning from home:

"I like it because I get to share my work with my parents."

"It's FUN!"

"I love reading Croc and Bird with my class and my teacher."

"I love seeing my friends."

"I like how we can go on Google Meet and listen to our teacher teach us. Then after the call we can go and finish our work independently."

"My child's teacher has been fantastic throughout this whole situation. But she has gone over and above these last 2 weeks to make this easier for the parents. She has all of the children engaged each day, she explains everything that they need to on their follow up work and is always on hand if we have any questions. She deserves recognition for this.

I am so pleased he is learning so much. He's coming on so well. I know that many schools are not doing calls and they are just being sent packs each day. So thank you, I know how lucky we are to have face calls too."

"Thank you for a really positive start to such an organised online learning programme. The children are engaging well and enjoy seeing you and their friend. We appreciate your hard work."

What encouraging and thoughtful responses to the hard work that all the staff are putting in! Thank you for your continued support over these times, and we will, of course, continue to share relevant updates as we receive them. We aim to carry on, as usual, focusing on learning and well-being and keeping our whole community safe, supported and happy.

**Let your light shine in the world as Jesus did, with compassion, thankfulness and hope.**

With warmest wishes to you and your loved ones.

**Miss Petra Slater, Acting Headteacher**

## Keeping in contact

Thank you to all parents and carers who have kept this office informed if they are unable to attend the live lessons. In these times it is more important than ever to let us know if you will be unable to join.

If your child is unwell or is unable to join the live lessons, please phone the school and let us know the reasons, in the same way that you normally would. Please do not message your child's teacher on Google Classroom. If you would like to ask a question or need some help, please phone the school office on 020 7629 1196 or email: [office@sghsprimary.co.uk](mailto:office@sghsprimary.co.uk). We will then phone you back.

Even though the children are engaging with live lessons on a daily basis, we are going to be asking teachers to make calls home during the week that they are attending school. Next week it will be Miss Low. I know that she is very much looking forward to this already and is looking forward to being able to speak with you and your child. Teachers will be calling from the school line, so if you see St. George's pop up, please do try to answer.

## Free School Meals

From next week the government is starting the national free school meals vouchers again. These vouchers are for children who are eligible for free school meals because their families are in receipt of certain benefits. If you think that you may be eligible, please contact the office and they will be able to talk you through the application form.

## DATE FOR THE CALENDAR

### Spring Term 2021

**Half Term Holiday Monday 15th February—Friday 19th February**

**Term Ends Thursday 1st April**

## PRAYER OF THE WEEK

Father God,

We thank you for our friends and families.

We thank you for the love and support that they give us.

Help us to appreciate them and to share the love they show us with others.

**Amen**

## COVID UPDATE

### What to do if your child or someone in your household shows symptoms of Coronavirus

The most common symptoms of Coronavirus (COVID-19) are recent onset of:

- a new continuous cough
- a high temperature
- a loss of, or change in, your normal sense of taste or smell (anosmia)

Get a test to check if they have coronavirus as soon as possible. Anyone with symptoms will be eligible for testing and this can be arranged via <https://www.nhs.uk/ask-for-a-coronavirus-test> or by calling 119.

Everyone in your household must stay at home and you must not have visitors until you get the test result – only leave your home to have a test. Anyone in your support bubble must also stay at home until you get the result. The person who has symptoms and other members of their household will need to isolate for 10 days.

For more information please visit: <https://www.nhs.uk/conditions/coronavirus-covid-19/symptoms/>

If your child develops Coronavirus symptoms at school, we will phone you so that you can collect your child as soon as possible. You will need to keep your child and any siblings off school and your family will need to self-isolate until your child has taken a Coronavirus test and until you have received a negative result. Please let us know as soon as you have received the result for the Coronavirus test. If the test is negative and your child no longer has symptoms of Coronavirus, they can return to school. The school will always follow advice from the local Health Protection Team.





## Family Activity Sheet – Cyber Security

This activity sheet has been created to help you to learn more about cyber security, take some actions to stay safe, and have some fun together while becoming Cyber Aware!

### Conversation starters

Here some questions you can ask to start a conversation:

- Depending on your child's age, ask if they have ever seen a 'pop up box' on screen or been sent an email or text which asked them to click on a link? Discuss if they think it would be safe to click the link.
- Ask why passwords are important and how they would create a password nobody could guess.
- Watch the You Tube video '[How private is your personal information](#)'. As a family discuss the ways that leaving personal information exposed online, and what you would do to protect it.

### Online safety action

Pick one of these actions to do as a family:

Visit [The National Cyber Security Centre's Cyber Aware](#) website and pick one Cyber Aware action you can all take - or if you want to be super cyber secure – do all of them!

- Create a new password for your main email account. You can use our **Cyber Aware activity** sheet to help.
- Turn on two- factor authentication.
- Check your devices have up to date software
- Turn on 'back-up information'

### Fun family task

**Who's the most Cyber Secure.**

Ask each person in the family to write down all the different online accounts they have. This can be anything from an account on a shared family device or at school, to an online gaming account or social media, to an email account.

How many are there?

Now ask them to tally up how many different passwords they use for the accounts.

**The highest number wins! And also a great opportunity to go and change passwords.**

### More information for parents and carers

For more information about this and other ways to help your child stay safe online, you can visit [www.thinkuknow.co.uk/parents](http://www.thinkuknow.co.uk/parents).

**You can also read our article : Cyber Security: What parent and carers need to know.**



# Knowing your mental health



**Mental health is just like physical health, everybody has it, and it's important to take care of it.**

**Growing up isn't always easy. Children and young people face a lot of challenges and it can be difficult to cope with everything life throws at you.**

Feeling down some of the time is normal, but if you want to talk to someone about your thoughts or feelings, there are plenty of routes you can take. This guide aims to help you find the support and advice for whatever it is you're going through.

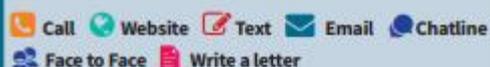
## The facts

One in 10 young people experience mental health difficulties, that's three in every classroom. When someone faces struggles with their mental health, it's no fault of their own. Mental health issues do not discriminate and can affect anybody no matter what their life is like.

If you or somebody you know wants to talk about any thoughts or feelings you don't understand, there is always someone who will listen.

It's so important that we feel able to discuss our issues, and there's absolutely no shame in doing so.

### Contact key:



**Childline** is a free and confidential helpline that anyone under 19 can contact to talk about any issues or worries they have, big or small.

0800 1111 [www.childline.org.uk](http://www.childline.org.uk)

24 hours

Also contact via:

**Kooth** is an online platform, where young people aged 11-25 can safely access free, anonymous support from trained counsellors, and from a community of peers.

[www.kooth.com](http://www.kooth.com)

24 hours

Also contact via:

**Shout** is a free and anonymous texting service for young people going through a personal crisis. It can provide immediate help, anytime, anywhere.

SHOUT to 85258 [www.giveushout.org](http://www.giveushout.org)

24 hours

**The Mix** has a free, confidential phone line, webchat and crisis text line, to help refer young people to the best possible help, whatever problem they are facing.

0808 808 4994 THEMIX to 85258

Limited hours

[www.themix.org.uk/get-support](http://www.themix.org.uk/get-support)

Also contact via:

**Samaritans** is a free, confidential helpline that offers a safe space to talk about anything. They won't judge, or tell you what to do, they just listen.

116 123 [www.samaritans.org](http://www.samaritans.org)

Limited hours

Also contact via: + +

**Papyrus** is a charity that helps young people experiencing thoughts of suicide. Trained advisors can confidentially help you stay alive and safe, or support someone else to do so.

0800 068 41 41 07860 039967

Limited hours

[www.papyrus-uk.org/get-in-touch](http://www.papyrus-uk.org/get-in-touch)

Also contact via: +

**On My Mind** offers free online resources to empower young people aged 10-25 to make informed decisions about their mental health. They provide information on your rights, self-care, how to help a friend, and jargon busting.

[www.annafreud.org/on-my-mind](http://www.annafreud.org/on-my-mind)

24 hours

**Mind** is a charity who campaign to raise awareness around mental health support and to improve services. They provide information to anyone having a difficult time, to help them find support.

0300 123 3393 86463

Limited hours

[www.mind.org.uk](http://www.mind.org.uk)

Also contact via: + +

**SANELine** offers confidential one-to-one support for those aged over 16, for when your own mental health, or that of someone you know, is affecting you.

0300 304 7000 [www.sane.org.uk](http://www.sane.org.uk)

Limited hours

**CAMHS** are the NHS services that help young people struggling with their mental health. Your GP or a school professional can refer you for a face-to-face appointment.

Search NHS CAMHS

Also contact via:

A big thank you to all our generous donators for our  
Christmas Raffle Event 2020

